

ABSTRACT OF THE DISCLOSURE

A metal seal of ring as a whole disposed between a first contact flat face portion and a second contact flat face portion parallel to each other. This metal seal has a middle base portion, a first contact convex portion, and a second contact convex portion. The first contact convex portion protrudes from an inner side and the second contact convex portion protrudes from an outer side. The metal seal generates torsional elastic deformation around the middle base portion as a center in an attached and compressed state.